

## **Rule The Social Media**

Presenting your hypnotherapy series for success, enlightenment and mental well being.

There is no danger in hypnotherapy but it is able to help you build many aspects of your life. Hypnotherapy can also help you become more mentally aware and has been shown to have healing aspects.

We ask you to do nothing else while listening to our series as you should be relaxed and focused.

Listen to this series often to get the repeat benefits of the message and to bring about the positive results.

Be kind to yourself and allow yourself to take the time to relax and go through the series to create your own success.

Welcome to .... Social Supremacy: 21st Century Branding And Relationship Building Series

Get ready to just make yourself comfortable and shut your eyes now... let your hands lie loosely in your lap... or at your side if that's easier... just be comfortable and relax your entire body as much as you are able to... now I want you to take a deep breath and hold it for a minute before exhaling slowly... just letting your whole body relax as you do ... and I want you to keep your eyes shut now and just keep listening restfully to the sound of my voice... and as you're listening to the sound of my voice, I want you to center for a moment on your breathing... breathing slowly and steady and evenly... and as you exhale each time, just letting your whole body relax more and more... so that you gradually find yourself feeling like your whole body was settling further and further into the chair with each breath you breathe...

and just the thought of breathing and unwinding makes you feel as though you're sinking down... 5 Sinking deeper.... 4... and each breath makes you feel more at ease.... 3 .... and with every

breath you feel yourself going deeper and deeper... more relaxed.... 2.... down once more..... breathing softly... Releasing.... and 1.... Completely relaxed.....

Now I'm going to ask you to think of a peaceful, protected place... You are able to feel the warmth of the sun on your head and shoulders... get in tune with your surroundings in this place.

Now listen carefully and believe that all of these statements are fact. You are a self-confident winner who achieves your goals. Your life is a sequence of successes. All of your experiences are budding opportunities. You can attain anything.

You're now becoming all that you're capable of being. You're here on this physical earth in physical form as a result of your desire to learn, grow and evolve in your business. You have a mission in life. Let your subconscious now tap into your super conscious and universal levels of your mind to physically manifest your latent abilities and potentials so that you may fulfill your business desires and create credibility and branding.

Your creative abilities are now being sparked. Your latent creative abilities are beginning to come forth and intensify with each passing day. You now draw upon all subconscious knowledge from your past to intensify you creative abilities and manifest credibility and branding. New fields of creative activity are now open to you. You draw from the universe unlimited creative inspiration and energy. You now activate the creative abilities given to you. You now use the unlimited powers of you super conscious mind. The wisdom of the universe is within and you now draw upon this limitless inspiration. You have the ability to tap knowledge that you have never tapped before. You develop credibility and branding in a creative manner. You feel creative and you are creative.

Now say to yourself quietly in your mind...I'm a magnetic person and draw in others to be around me. I easily and by nature draw

other people's attention. I'm so good that it's a delight for other people to be around me. I by nature attract those who are kind, helpful, beneficial and inspirational for me.

I'm a confident person. I talk quite freely and naturally to others. I'm a very spontaneous person and always feel strong around others. I love to do work with confidence, and easily gain others respect. When I'm confident, people naturally have more confidence in me. I inspire others to be confident. I have a great self image in others view. In any situation I always face it with confidence and feel good about it.

I know how to inspire and exude confidence.

I know how to positively influence others without seeming bossy or over bearing.

I know how to be a part of the team and don't seek glory for myself at the expense of others.

I have 'grace under fire' and know how to think on my feet and remain calm.

I have confidence and am not afraid to make mistakes and take responsibility.

I am not a control freak and know how to delegate and trust others to do well.

I look like a leader in the way I move, speak and relate to others.

As you ready yourself to come back to your conscious aware state, remember to bring back a reminder, something to bring you back to place where you can gather the strength that is greater than any of your fears.

And when you are ready you'll come back to the present.... knowing that something wonderful has happened... and you are in charge of your life and business success. Now, I'm going to count from one to five. At the count of five, your eyes are open, and you're then completely aware, feeling rested, revived, relaxed and fully in charge of your successful future.

And now return to your conscious self within your special place and be grateful for and completely aware of your deep rooted sense of strength and confidence.

As you breath deeply it's time to return as we go from 1to 5 , Number 1 you are slowly coming back to your awareness, 2 feeling alive and rested and deeply strong, 3 returning with amplified self assurance, and ability to follow through, 4 feeling the essence of being in your body that is empowered and dedicated as well as self approving, paying attention to the sounds and light in the room, and 5, when you are completely ready open your eyes and return to the room knowing all the while that life is to be savored and lived.

You have just taken steps to bring your own business and life success, to boost your credibility, your magnetism with others and release your branding creativity.... To do what is necessary to be magnetic and credible in whatever endeavor you choose. Listen to this series often to tap into your new found magnetism in relationships and branding knowledge.